



XX Troféu Cidade Caldas da Rainha Masters
Caldas da rainha, 15/3/2025

Prova 5	Femin., 200m Estilos				25 anos e mais velhos
15/03/2025 - 15:45					Resultados
RN A(25-29)	2:26.69	Bruna Martins, RIESENBERGER	CIRL	Caldas da Rainha	26/01/2024
RN B(30-34)	2:27.16	Vania Soares, NEVES	VNC	Caldas da Rainha	26/01/2024
RN C(35-39)	2:27.95	Ana Paula, GRILO	UDCA	Inatel	04/02/2006
RN D(40-44)	2:30.13	Susana Clara, GOMES	CNF	Vila Franca de Xira	19/01/2018
RN E(45-49)	2:35.09	Susana Clara, GOMES	CNF	Caldas da Rainha	27/01/2023
RN F(50-54)	2:45.36	Gisela Barbosa, COUTINHO	CFP	Torres Novas	24/01/2025
RN G(55-59)	3:01.29	Elena Nikolaevna, KRAEVA	ADRCIMM	Tomar	30/01/2016
RN H(60-64)	3:22.33	Maria Teresa, ANDRADE	FCP	Caldas da Rainha	27/01/2023
RN I(65-69)	3:32.53	Ana Maria, FERREIRA	SAD	Caldas da Rainha	16/04/2016
RN J(70-74)	3:54.03	Ana Maria, FERREIRA	SAD	Caldas da Rainha	27/01/2023
RN K(75-79)	4:00.92	Luisa Bessone, BASTO	SAD	Caldas da Rainha	13/04/2019
RN L(80-84)	59:00.00	start,			01/01/1800
RN M(85-89)	59:00.00	start,			01/01/1800

Pontos: DSV Masters 22

Lugar	Ano				Tempo final	Pts
25 anos e mais velhos						
1.	Sofia Martiniano, AFONSO	84	Fluvial Portuense		2:37.11	815
	50m: 32.93 32.93	100m: 1:11.95	39.02	150m: 1:58.61	46.66	200m: 2:37.11 38.50
2.	Maria Sofia, MARTINS	84	Fluvial Portuense		2:39.14	784
	50m: 32.88 32.88	100m: 1:15.56	42.68	150m: 1:59.83	44.27	200m: 2:39.14 39.31
3.	Maria Saraiva, RUIVACO	00	Vieirense		2:44.06	634
	50m: 34.37 34.37	100m: 1:16.42	42.05	150m: 2:03.78	47.36	200m: 2:44.06 40.28
4.	Ana Rita, RIBAU	95	Gafanha da Encarnacao		2:45.47	644
	50m: 36.24 36.24	100m: 1:18.75	42.51	150m: 2:08.11	49.36	200m: 2:45.47 37.36
5.	Aoife, SEXTON	87	Cork Masters SC		2:51.25	610
	50m: 35.81 35.81	100m: 1:19.38	43.57	150m: 2:10.33	50.95	200m: 2:51.25 40.92
6.	Raquel Fernandes, SANTOS	98	Masters de Almada		2:53.54	536
	50m: 36.78 36.78	100m: 1:20.72	43.94	150m: 2:12.09	51.37	200m: 2:53.54 41.45
7.	Carolina Francisco, GOMES	95	Lisboa PoolSharks		2:57.50	521
	50m: 36.11 36.11	100m: 1:21.60	45.49	150m: 2:15.42	53.82	200m: 2:57.50 42.08
8.	Sara Daniela, RODRIGUES	87	Galitos / Bresimar		3:01.03	516
	50m: 37.10 37.10	100m: 1:25.22	48.12	150m: 2:17.21	51.99	200m: 3:01.03 43.82
9.	Ines Santos, MAGALHAES	99	Sporting Clube de Aveiro		3:01.93	465
	50m: 41.19 41.19	100m: 1:28.81	47.62	150m: 2:18.83	50.02	200m: 3:01.93 43.10
10.	Joana Margarida, GASPARGAS	83	Nadadores dos Estoris		3:02.22	522
	50m: 37.82 37.82	100m: 1:23.80	45.98	150m: 2:18.49	54.69	200m: 3:02.22 43.73
11.	Catherine, COSTIGAN	91	Cork Masters SC		3:03.26	474
	50m: 40.08 40.08	100m: 1:24.74	44.66	150m: 2:20.93	56.19	200m: 3:03.26 42.33
12.	Patricia Diogenes, PEREIRA	69	Colégio Monte Maior		3:04.48	615
	50m: 38.42 38.42	100m: 1:26.41	47.99	150m: 2:21.32	54.91	200m: 3:04.48 43.16
13.	Claudia Baptista, DOMINGUES	77	Sporting Clube de Aveiro		3:14.53	459
	50m: 40.19 40.19	100m: 1:30.71	50.52	150m: 2:28.53	57.82	200m: 3:14.53 46.00
14.	Adriana Fernandes, MAGUETA	94	Cork Masters SC		3:18.16	375
	50m: 40.69 40.69	100m: 1:33.88	53.19	150m: 2:29.28	55.40	200m: 3:18.16 48.88
15.	Kirstin Lynn, O' LEARY	90	Nacional de Nataçao		3:20.46	380
	50m: 44.06 44.06	100m: 1:37.10	53.04	150m: 2:35.56	58.46	200m: 3:20.46 44.90



XX Troféu Cidade Caldas da Rainha Masters
Caldas da rainha, 15/3/2025

Prova 5, Femin., 200m Estilos, 25 anos e mais velhos

Lugar	Ano	Tempo final	Pts
16. Sara Filipa, CORTEZ	81 Masters de Almada	3:22.91	378
50m: 50.93 50.93 100m: 1:41.99 51.06 150m: 2:40.94 58.95 200m: 3:22.91 41.97			
17. Ana Paula, GONCALVES	65 Masters de Almada	3:29.28	577
50m: 41.10 41.10 100m: 1:35.12 54.02 150m: 2:37.22 1:02.10 200m: 3:29.28 52.06			
18. Laurelin Lucinda, MOLEN	87 CCDSerta	3:29.70	332
50m: 51.97 51.97 100m: 1:43.32 51.35 150m: 2:42.95 59.63 200m: 3:29.70 46.75			
19. Madalena Cruz, PASSOS	75 Gesloures	3:46.88	308
50m: 50.28 50.28 100m: 1:47.98 57.70 150m: 2:53.63 1:05.65 200m: 3:46.88 53.25			
20. Ana Paula, SEQUEIRA	68 Sporting Clube de Aveiro	3:48.97	321
50m: 55.66 55.66 100m: 1:57.32 1:01.66 150m: 2:58.29 1:00.97 200m: 3:48.97 50.68			
21. Maria Clara, SOUSA	68 Masters de Almada	3:59.28	282
50m: 54.75 54.75 100m: 1:54.22 59.47 150m: 3:01.48 1:07.26 200m: 3:59.28 57.80			
22. Ana Paula, ALMEIDA	58 Fluvial Portuense	4:33.08	298
50m: 1:06.17 1:06.17 100m: 2:14.75 1:08.58 150m: 3:32.96 1:18.21 200m: 4:33.08 1:00.12			
23. Maria Madalena, CANINAS	63 Masters de Almada	4:35.21	253
50m: 1:01.19 1:01.19 100m: 2:16.89 1:15.70 150m: 3:37.45 1:20.56 200m: 4:35.21 57.76			
DSQ Maria Teresa, OLIVEIRA	57 Académica de Coimbra		
<i>727 - Perdeu a posição ventral na viragem aos 25 metros - SW 7.2</i>			
DSQ Juliana Sanches, ELIAS	76 Nadadores dos Estoris		
<i>613 - O(a) atleta não efectuou movimento continuo nem imediato dos braços, na viragem aos 75 metros - SW 6.4</i>			

Grupo A

1. Maria Saraiva, RUIVACO	00 Vieirense	2:44.06	634
50m: 34.37 34.37 100m: 1:16.42 42.05 150m: 2:03.78 47.36 200m: 2:44.06 40.28			
2. Raquel Fernandes, SANTOS	98 Masters de Almada	2:53.54	536
50m: 36.78 36.78 100m: 1:20.72 43.94 150m: 2:12.09 51.37 200m: 2:53.54 41.45			
3. Ines Santos, MAGALHAES	99 Sporting Clube de Aveiro	3:01.93	465
50m: 41.19 41.19 100m: 1:28.81 47.62 150m: 2:18.83 50.02 200m: 3:01.93 43.10			

Grupo B

1. Ana Rita, RIBAU	95 Gafanha da Encarnacao	2:45.47	644
50m: 36.24 36.24 100m: 1:18.75 42.51 150m: 2:08.11 49.36 200m: 2:45.47 37.36			
2. Carolina Francisco, GOMES	95 Lisboa PoolSharks	2:57.50	521
50m: 36.11 36.11 100m: 1:21.60 45.49 150m: 2:15.42 53.82 200m: 2:57.50 42.08			
3. Catherine, COSTIGAN	91 Cork Masters SC	3:03.26	474
50m: 40.08 40.08 100m: 1:24.74 44.66 150m: 2:20.93 56.19 200m: 3:03.26 42.33			
4. Adriana Fernandes, MAGUETA	94 Cork Masters SC	3:18.16	375
50m: 40.69 40.69 100m: 1:33.88 53.19 150m: 2:29.28 55.40 200m: 3:18.16 48.88			



XX Troféu Cidade Caldas da Rainha Masters
Caldas da rainha, 15/3/2025

Prova 5, Femin., 200m Estilos

Grupo C

1. Aoife, SEXTON	87	Cork Masters SC	2:51.25	610
50m: 35.81 35.81	100m: 1:19.38	43.57 150m: 2:10.33 50.95	200m: 2:51.25	40.92
2. Sara Daniela, RODRIGUES	87	Galitos / Bresimar	3:01.03	516
50m: 37.10 37.10	100m: 1:25.22	48.12 150m: 2:17.21 51.99	200m: 3:01.03	43.82
3. Kirstin Lynn, O' LEARY	90	Nacional de Nataçao	3:20.46	380
50m: 44.06 44.06	100m: 1:37.10	53.04 150m: 2:35.56 58.46	200m: 3:20.46	44.90
4. Laurelin Lucinda, MOLEN	87	CCDSerta	3:29.70	332
50m: 51.97 51.97	100m: 1:43.32	51.35 150m: 2:42.95 59.63	200m: 3:29.70	46.75

Grupo D

1. Sofia Martiniano, AFONSO	84	Fluvial Portuense	2:37.11	815
50m: 32.93 32.93	100m: 1:11.95	39.02 150m: 1:58.61 46.66	200m: 2:37.11	38.50
2. Maria Sofia, MARTINS	84	Fluvial Portuense	2:39.14	784
50m: 32.88 32.88	100m: 1:15.56	42.68 150m: 1:59.83 44.27	200m: 2:39.14	39.31
3. Joana Margarida, GASPARG	83	Nadadores dos Estoris	3:02.22	522
50m: 37.82 37.82	100m: 1:23.80	45.98 150m: 2:18.49 54.69	200m: 3:02.22	43.73
4. Sara Filipa, CORTEZ	81	Masters de Almada	3:22.91	378
50m: 50.93 50.93	100m: 1:41.99	51.06 150m: 2:40.94 58.95	200m: 3:22.91	41.97

Grupo E

1. Claudia Baptista, DOMINGUES	77	Sporting Clube de Aveiro	3:14.53	459
50m: 40.19 40.19	100m: 1:30.71	50.52 150m: 2:28.53 57.82	200m: 3:14.53	46.00

DSQ Juliana Sanches, ELIAS 76 Nadadores dos Estoris
613 - O(a) atleta não efectuou movimento continuo nem imediato dos braços, na viragem aos 75 metros - SW 6.4

Grupo F

1. Madalena Cruz, PASSOS	75	Geslours	3:46.88	308
50m: 50.28 50.28	100m: 1:47.98	57.70 150m: 2:53.63 1:05.65	200m: 3:46.88	53.25

Grupo G

1. Patricia Diogenes, PEREIRA	69	Colégio Monte Maior	3:04.48	615
50m: 38.42 38.42	100m: 1:26.41	47.99 150m: 2:21.32 54.91	200m: 3:04.48	43.16
2. Ana Paula, SEQUEIRA	68	Sporting Clube de Aveiro	3:48.97	321
50m: 55.66 55.66	100m: 1:57.32	1:01.66 150m: 2:58.29 1:00.97	200m: 3:48.97	50.68
3. Maria Clara, SOUSA	68	Masters de Almada	3:59.28	282
50m: 54.75 54.75	100m: 1:54.22	59.47 150m: 3:01.48 1:07.26	200m: 3:59.28	57.80

Grupo H

1. Ana Paula, GONCALVES	65	Masters de Almada	3:29.28	577
50m: 41.10 41.10	100m: 1:35.12	54.02 150m: 2:37.22 1:02.10	200m: 3:29.28	52.06
2. Maria Madalena, CANINAS	63	Masters de Almada	4:35.21	253
50m: 1:01.19 1:01.19	100m: 2:16.89	1:15.70 150m: 3:37.45 1:20.56	200m: 4:35.21	57.76



XX Troféu Cidade Caldas da Rainha Masters
Caldas da rainha, 15/3/2025

Prova 5, Femin., 200m Estilos

Grupo I

1.	Ana Paula, ALMEIDA	58	Fluvial Portuense	4:33.08	298
	50m: 1:06.17 1:06.17	100m: 2:14.75 1:08.58	150m: 3:32.96 1:18.21	200m: 4:33.08 1:00.12	
DSQ	Maria Teresa, OLIVEIRA	57	Académica de Coimbra		
	<i>727 - Perdeu a posição ventral na viragem aos 25 metros - SW 7.2</i>				